ABSTRACT OF THE DISCLOSURE

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A computer shut down system includes a sitting detection assembly that is mounted in a seat cushion. The sitting detection assembly includes a pressure indicator for detecting when a weight is positioned on the seat cushion. A transmitter is operationally coupled to the pressure indicator. The transmitter is adapted for sending a wireless signal when the pressure indicator detects the weight. A receiver for receiving the wireless signal is electrically coupled to the computer processor such that the receiver may relay the wireless signal to the computer processor. The computer processor may selectively power down or power up the computer system upon reception of the wireless signal sent by the transmitter.